

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00	FE-2	Maintenance of ??? per MCC GO (changeout of CWC in Elektron, changeout of ???-? and ???-C?)
08:00–08:25	FE-1	LAB payload status monitoring
09:20–09:35	FE-1	Private family conference
09:35–09:50	FE-2	
11:00–12:30	FE-1	Physical exercise (RED)
11:30–12:30	FE-2	Physical exercise (TVIS)
12:20–12:30	CDR	Charging camcorder battery / <i>??? ?? , page 2-2, item 2.2</i>
12:30–13:30		LUNCH
15:55–16:10	CDR	Private family conference (TV) / <i>r/g 1270</i>
16:25–16:45	FE-2	Prep delta file for downlink
16:45–18:15	FE-2	Physical exercise (RED)
17:15–18:15	FE-1	Physical exercise (TVIS)
17:30–17:40	CDR	Downlink of ??? and ?? counter data
18:15–18:45		Work prep
18:45–19:15		Review plan for the next day
19:15–19:30		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

End of radiogram